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**Arvind Chaturvedi**

Ph.D. Scholar, Department of  
Panchakarma, Desh Bhagat  
University, Mandi  
Gobindgarh, Punjab, India

**Dr. Darshana**

Guide and Associate Professor,  
Department of Kaya Chikitsa,  
Desh Bhagat University,  
Mandi Gobindgarh, Punjab,  
India

## Effectiveness of anu taila nasya combined with gokshura lepa in khalitya: An ayurvedic and contemporary review

**Arvind Chaturvedi and Darshana**

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### Abstract

Khalitya (hair fall/alopecia) is a tridoshic disorder described in Ayurvedic classics, primarily involving Vāta and Pitta with secondary Kapha and Rakta imbalance. Anu Taila Nasya is a classical nasal therapy indicated for head disorders, while Gokshura (*Tribulus terrestris*) lepa is traditionally used for scalp nourishment. So the study is basically to critically review the classical rationale, pharmacological basis, and contemporary clinical evidence for the combined use of Anu Taila Nasya and Gokshura lepa in Khalitya. Khalitya (hair fall) is a prevalent condition with both cosmetic and psychological implications. Contemporary medicine identifies multiple aetiologies, including androgenetic alopecia, telogen effluvium, and autoimmune alopecia areata. Integrative approaches combining Ayurvedic interventions with modern scalp health principles are gaining attention.

An integrative literature review is being conducted using Ayurvedic classical texts (Caraka Saṃhitā, Suśruta Saṃhitā, Aṣṭāṅga Hṛdaya) and modern databases. Both classical and modern evidence were analyzed thematically.

**Keywords:** Anu taila, nasya, gokshura, tribulus terrestris, khalitya, Ayurveda, hair loss

### Introductions

Alopecia, commonly known as hair loss, is a condition that affects millions of people worldwide and can occur at any age, in both men and women. Hair is often regarded as a symbol of identity, beauty, and self-esteem; therefore, hair loss has both physical and psychological consequences. Alopecia is not a single disease but rather a group of conditions that lead to partial or complete hair loss from the scalp or other parts of the body.

### Types of Alopecia

The most common form is androgenetic alopecia, often called male-pattern or female-pattern baldness. It is largely genetic and influenced by hormones, particularly dihydrotestosterone (DHT), which causes the gradual shrinking of hair follicles. In men, it typically results in receding hairlines and bald spots, whereas in women, it presents as diffuse thinning of hair on the scalp.

Another significant form is alopecia areata, an autoimmune condition in which the immune system mistakenly attacks hair follicles. It usually appears as round patches of hair loss on the scalp but may extend to other body hair. Severe forms include alopecia totalis (loss of all scalp hair) and alopecia universalis (loss of all body hair).

Telogen effluvium is another temporary type of alopecia that occurs when a large number of hair follicles enter the resting phase due to stress, illness, childbirth, or nutritional deficiencies. Other forms include traction alopecia, caused by hairstyles that pull on the hair, and cicatricial alopecia, in which scarring destroys hair follicles permanently.

### Causes and Risk Factors

Alopecia arises from multiple causes. Genetics plays a major role in androgenetic alopecia. Hormonal imbalances, such as those in thyroid disorders, polycystic ovarian syndrome (PCOS), or menopause, can trigger hair loss. Autoimmune dysfunction is responsible for alopecia areata. Environmental and lifestyle factors like stress, poor nutrition, certain medications (such as chemotherapy), and infections also contribute to hair loss. Beyond the physical appearance, alopecia significantly affects emotional well-being. Many individuals

**Corresponding Author:**

**Arvind Chaturvedi**

Ph.D. Scholar, Department of  
Panchakarma, Desh Bhagat  
University, Mandi  
Gobindgarh, Punjab, India

experience low self-esteem, social withdrawal, or even depression due to hair loss. Counseling, support groups, and open conversations are essential to help patients cope with the psychological burden. Diagnosis involves a detailed medical history, clinical examination, and sometimes laboratory tests to rule out hormonal or nutritional causes. In some cases, a scalp biopsy may be needed to identify autoimmune or scarring alopecia.

### Nasya

Ayurveda, the traditional system of medicine from India, emphasizes holistic healing through balancing the body, mind, and spirit. Among its therapeutic measures, Panchakarma plays a central role in detoxification and rejuvenation. One of the important Panchakarma therapies is Nasya, which involves the administration of medicinal substances through the nasal route. The nose, described in Ayurveda as the gateway to the head (“Nasa hi shiraso dwaram”), is considered a direct pathway to influence the brain, sense organs, and vital energies.

### Concept of Nasya

Nasya is primarily indicated for diseases related to the head, eyes, ears, nose, and throat. It is believed to cleanse accumulated toxins from the region above the shoulders and improve the functioning of sensory and motor organs. According to Ayurvedic principles, it balances the Prana Vata, which governs respiration, mental activities, and sensory perception. By directly reaching the central nervous system, Nasya helps nourish tissues, improve clarity of sense organs, and promote mental well-being.

### Types of Nasya

Ayurveda describes several types of Nasya depending on the purpose and nature of medicines used:

1. **Virechana Nasya (Cleansing Nasya):** Removes excess doshas, particularly Kapha, from the head and sinuses.
2. **Brimhana Nasya (Nourishing Nasya):** Uses ghee, oils, or medicated fats to strengthen tissues and support mental and physical vigor.
3. **Shamana Nasya (Palliative Nasya):** Pacifies aggravated doshas and relieves symptoms such as headaches, burning sensation, or irritation.
4. **Navana Nasya:** Combination of cleansing and nourishing effects, commonly used in practice.
5. **Pratimarsha Nasya:** A mild, daily-use form where 2-3 drops of medicated oil are instilled in each nostril for routine care and prevention.

### Procedure of Nasya

The administration of Nasya follows specific steps:

1. **Purva Karma (Pre-procedure):** Gentle massage of the face, head, and neck with warm oil followed by mild fomentation (steam therapy) to open channels.
2. **Pradhana Karma (Main procedure):** The patient lies in a supine position with the head tilted backward. Medicated oil, ghee, fresh juice, or herbal decoction is instilled in measured drops into each nostril. The patient inhales deeply while the physician massages the region around the nose and forehead to facilitate absorption.
3. **Paschat Karma (Post-procedure):** The patient spits out the excess medicine and mucus that drains into the

throat. Warm water gargles and rest are advised afterward.

**Dose of nasya:** 16 drop of oil in each nostril

### Indications

- Nasya is beneficial in:
- Headache and migraine
- Sinusitis and nasal congestion
- Allergic rhinitis and respiratory issues
- Hair fall and premature graying
- Cervical stiffness and frozen shoulder
- Neurological conditions like facial palsy, tremors, and memory disturbances
- Psychological issues such as anxiety, stress, and insomnia

### Benefits of Nasya

- Clears accumulated mucus and toxins from sinuses
- Enhances voice, vision, and smell perception
- Improves hair growth and prevents premature graying
- Nourishes the brain and enhances memory, concentration, and mental clarity
- Relieves stiffness, heaviness, and pain in the head and neck region

### Precautions and Contraindications

Nasya should not be performed immediately after meals, in acute fever, indigestion, or during pregnancy. Careful supervision is necessary in children, elderly patients, or those with severe weakness. Proper selection of medicine, dosage, and timing ensures safety and effectiveness.

### Lepa

Ayurveda, the ancient system of medicine, emphasizes both internal and external treatments for restoring balance in the body. Among the external therapies, Lepa (herbal paste application) occupies an important place. The word Lepa means “application” or “coating.” It refers to the external application of herbal pastes over affected parts of the body for therapeutic, cosmetic, or preventive purposes. This simple yet powerful procedure has been practiced since Vedic times and is frequently mentioned in classical Ayurvedic texts.

According to Ayurveda, “Lepanam Lepanam ityahuh snehashamanakarma ca” - Lepa is a topical therapy used for pacifying aggravated doshas, reducing pain, and promoting healing. It is considered especially useful for diseases of the skin, joints, head, and soft tissues. Unlike internal medicines, which act systemically, Lepa works locally, directly influencing the diseased tissues through absorption of medicinal properties.

### Types of Lepa

Classical texts categorize Lepa based on preparation, purpose, and application site:

1. **Snigdha Lepa (Oily paste):** Prepared with ghee, oils, or fats; useful in Vata disorders like stiffness, pain, or dryness.
2. **Ruksha Lepa (Dry paste):** Made with powders and decoctions; indicated in Kapha conditions like swelling, heaviness, or itching.

3. **Sheeta Lepa (Cooling paste):** Prepared with herbs of cold potency, effective in burning sensation, inflammation, or fever.
4. **Ushna Lepa (Heating paste):** Made with hot potency herbs like mustard or garlic; used in joint stiffness and cold swellings.
5. **Shodhana Lepa (Cleansing paste):** Applied on wounds, ulcers, and skin diseases to remove toxins and promote healing.
6. **Ropana Lepa (Healing paste):** Aids in tissue regeneration and wound closure.
7. **Saundarya Lepa (Cosmetic paste):** Used for beautification, skin glow, and management of acne or pigmentation.

#### Method of Preparation and Application

- **Selection of herbs:** Chosen according to the disease and dosha predominance. Fresh or dried herbs are used.
- **Preparation:** Herbs are ground into fine powder and mixed with suitable liquids such as water, milk, honey, ghee, or herbal decoctions to form a paste.
- **Application:**
  - The affected area is cleaned.
  - Paste is applied in the thickness of about ½ to 1 centimeter.
  - It is kept for a specified time (generally until the paste dries or as prescribed).
  - The paste is then removed gently, and the area may be washed with warm or cold water depending on the condition.

#### Ingredients of Lepa- seeds of the Gokshuru

- Flower of sesame
- Honey
- Desi Cow Ghee

All taken 100 grams each and mixed to form paste.

#### Indications of Lepa

- Skin diseases: eczema, psoriasis, acne, pigmentation
- Joint and muscle disorders: arthritis, swelling, inflammation, stiffness
- Head-related conditions: headache, migraine, hair fall, dandruff
- Wound healing and ulcers
- Burns, scalds, and local inflammations
- Cosmetic purposes for improving complexion and glow

#### Precautions

- Lepa should not be applied too hot or too cold.
- It should not be left for excessively long durations, as dried Lepa can block pores and cause irritation.
- Contraindicated in very weak individuals, during extreme weather conditions, and in allergic reactions to certain herbs.
- Should be applied in the direction opposite to hair growth for better absorption.

#### Benefits of Lepa

- Provides localized relief from pain, swelling, and burning sensation.
- Promotes wound healing and tissue regeneration.
- Detoxifies and nourishes skin and underlying tissues.

- Enhances cosmetic appearance by improving complexion and texture.
- Serves as a non-invasive, cost-effective, and natural mode of therapy.

#### Treatment and Management of Alopecia /Khalitya

##### Modern view -

depends on the type and cause of alopecia. For androgenetic alopecia, medications such as minoxidil (topical) and finasteride (oral) are widely used to slow hair loss and promote regrowth. In alopecia areata, corticosteroid injections, immunotherapy, or newer biological drugs may be employed. Hair transplant surgery is a permanent solution for some patients with patterned baldness. Supportive measures include maintaining a balanced diet rich in proteins, iron, zinc, and vitamins, as deficiencies can aggravate hair loss. Stress management techniques, lifestyle modifications, and avoidance of harsh chemical treatments also help in reducing hair damage. Cosmetic options such as wigs, hairpieces, and scalp micropigmentation provide psychological comfort for individuals coping with extensive alopecia

##### Ayurvedic Rationale

##### Nasya

In Suśruta Saṃhitā (Cikitsāsthāna 20/21-23), Nasya is prescribed for Śīroroga and conditions affecting hair, eyes, and scalp. Anu Taila, a medicated sesame oil infused with herbs such as Agaru, Devadāru, Yashtimadhu, and Daruharidra, is Vāta-Kapha hara and Balya. Nasya is believed to deliver these actives to the śiras (head) via the nasal passages, clearing vitiated doshas, nourishing hair roots (keshabhaga), and preventing hair fall.

nasya with Anu tail is the most common and effective remedy to use

##### Lepa

Lepa is a local treatment and Gokshura (*Tribulus terrestris*) is described in Bhāvaprakāśa Nighaṇṭu as Keshya and Balya. Its lepa, often prepared with tila taila or ghrta, is applied to the scalp to improve hair strength and promote regrowth. The drug is Madhura rasa, Śīta virya, Snigdha and Balya, supporting scalp tissue nourishment and mitigating Pitta-Vāta aggravation.

##### Modern Pharmacology and Mechanistic Basis

##### Anu Taila

Modern analyses show that Anu Taila constituents possess antioxidant, anti-inflammatory, and neuroprotective phytochemicals. Sesame oil enhances percutaneous absorption and provides vitamin E and lignans, potentially improving scalp microcirculation via trigeminal nerve vasomotor reflexes.

##### Gokshura lepa

Phytochemistry reveals steroidal saponins, flavonoids, and polyphenols with antioxidant and vasodilatory properties. Though widely studied for systemic benefits (urolithiasis, libido, metabolic syndrome), topical use may reduce oxidative stress and support follicular regeneration.

##### Clinical Evidence

- **Anu Taila Nasya:** Small clinical studies report reduced hair fall, improved hair density, and decreased scalp

dryness following 21-30 days of Nasya therapy with Anu Taila. Limitations include small sample size, absence of blinding, and lack of dermoscopic outcomes.

- **Gokshura Lepa:** Direct clinical studies are rare; evidence comes from classical use, anecdotal reports, and combination protocols in Panchakarma hair care regimens.
- **Combined approach:** Case reports suggest better outcomes when Nasya is paired with lepa therapy, likely due to systemic plus local action synergy.

### Safety Considerations

- Avoid Nasya in acute nasal infections, severe hypertension, or acute Pitta aggravation.
- Patch test Gokshura lepa to prevent allergic reactions.
- Assess for underlying systemic causes of hair loss before treatment initiation.

### Case study

An Random patient has come to the opd with the complaints of excessive Hair fall

So after all the necessary history was taken and evaluations were done patient was given the following regime to follow-

- **Nasya:** 2-6 drops of lukewarmed Anu Taila per nostril, once daily, for 30 days, and was taught to him how to take it properly.
- **Lepa:** Gokshura powder made was given and was advised to mix with equal quantity of honey and ghee to be applied on scalp twice weekly for 30-60 minutes for a month
- **Adjuncts:** Internal proper healthy diet, stress reduction, proper sleep and scalp hygiene was also advised

### Results

#### For literature Review

Classical texts recommend Nasya with Anu Taila for Śiroroga and hair disorders, citing dosha pacification and nourishment of scalp tissues. Gokshura lepa is described as Keshya (hair-promoting) and Balya. Modern studies, although limited in scale and quality, report improvements in hair shedding, scalp condition, and hair density with Anu Taila Nasya; case reports and traditional usage support Gokshura's topical benefits. Potential mechanisms include improved scalp microcirculation, anti-inflammatory activity, and antioxidant effects.

#### For Case Study done

In 30 days of continous use of Nasya and weekly twice use of Gokshura lepa application together along with diet, stress, sleep and hygiene corrections remarkable results were seen.

### Conclusion

Alopecia is a multifactorial condition with diverse presentations, ranging from temporary shedding to permanent baldness. While medical advances have provided effective treatment options, early diagnosis, holistic care, and psychological support remain crucial. Understanding alopecia not only helps in its management but also promotes empathy towards those experiencing it, as hair loss is not merely a cosmetic concern but a condition that affects overall quality of life.

Nasya is a unique Ayurvedic therapy that provides both preventive and curative benefits. By cleansing and nourishing the head region, it maintains balance of doshas, promotes clarity of senses, and enhances mental well-being. When practiced correctly, it serves as a powerful tool for holistic health, proving the wisdom of Ayurveda's principle that the nose is truly the gateway to the mind and consciousness.

Lepa is one of the most accessible and versatile external therapies in Ayurveda. By harnessing the medicinal qualities of herbs and applying them directly to the site of disease, Lepa offers quick relief in localized conditions and complements internal treatments. Whether for therapeutic or cosmetic purposes, it remains a valuable practice, reflecting Ayurveda's holistic approach to healing.

The combined use of Anu Taila Nasya and Gokshura lepa represents a classically grounded, mechanistically plausible intervention for Khalitya. While early evidence is encouraging, rigorous randomized controlled trials with standardized interventions and objective measures are necessary to establish efficacy.

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